

## Movement as medicine: Counteract all that sitting in 60 minutes flat.



Talk about the power of an hour. Treadmill desks, biking to work, and walking meetings are fantastic ways to counteract our national sitting habit, but there's more! A new study shows that one hour of moderate-intensity physical activity a day can help counteract the scary side effects of sitting for more than eight hours (gulp). A ratio of 1:8 for exercise-to-sitting gives fantastic bang for your buck! If an hour sounds daunting, keep in mind that an hour is the amount required to combat eight hours of sitting, so if you sit for less of your day, you can also reduce the amount of time dedicated to activity. That hour doesn't have to be continuous, either — feel free to spread it out across your day, and remember that physical activity can be almost anything that involves moving your body enough to get your heart rate up: walking your dog, climbing the stairs, biking, dancing, Zumba class, swimming, hiking...you name it. And sitting doesn't have to mean stillness. In fact, research suggests that tapping your feet while sitting may help protect your arteries.

That's great news for all you fidgeters out there!